

Morning Grounding

1) Start day with a relaxation. Take a few deep, slow breaths in and out. Listen to a guided mediation if you want or read some meditations.

2) Ground yourself.

5-4-3-2-1: Find and describe to your self 5 safe things you can see, 4 safe things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Or

3-3-3: Describe to yourself in detail 3 sounds, 3 things you can see, 3 safe textures.

3) Now write down 5 positive physical qualities you can find about yourself.

4) Now write down 5 positive emotional qualities you might find in yourself today.

5) Take a deep slow, breath in and let it out slowly.

Take another deep, slow breath in out & this time do a body scan, from head to toes.

Describe something you feel in your physical body:

Describe something a thought you notice going through your head:

Describe an emotion that you are feeling right now:

My anxiety right now is:

(low) 1 – 2 – 3 – 4 – 5 (high)

My feelings of sadness / depression right now is:

(low) 1 – 2 – 3 – 4 – 5 (high)

Something positive I will do for myself today is:
